

Destino Bible Study: How to spend time with God

Soularium: - Ask your familia the following questions:

- Which 2 pictures best describe what you think of God right now?
- Which 2 pictures best describe what your walk with the Lord looks like right now?
- Which 2 pictures best describe what you wish your walk with the Lord looked like?

Try and see if there is a disconnect or a connection in the way your familia group thinks of God and the how their walk with is going.

We are now going to have a quiet time together. Tonight we're using something called the **R.E.A.P Method**. *Explain how this method works before you try it, so they know how to do it on their own:*

- 1.) The first step is always **PRAYER**, "Jesus, open my heart and mind to the Truth."
- 2.) **Read** a particular passage and ask, "Did a certain verse stand out to you?" Make that verse your focus for the rest of the time. (ex. John 1: 3)
- 3.) **Examine** what you have read. What is going on in the focus verse? Write down thoughts on what you have read.
- 4.) **Apply** what you have read by writing out how you will be different today because of what you have just read.
- 5.) **Pray** a prayer based on your time in God's Word.

Before the meeting, choose a chapter in the Bible that you'd like to lead your familia through. Here are some suggestions: John 1, Ephesians 2, Isaiah 53, Psalm 1, or one of your favorite chapters.

Questions to ask:

- What does your quiet time with Jesus look like?
- As you look at what your quiet time with Jesus looks like, what areas do you want to grow in?

Application:

- Have quiet times
- Get an accountability partner and have them ask you if you've been spending time with Jesus.
- Share with a friend something that you learned during your quiet time with Jesus.